



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services
HEALTHY AGING SUBCOMMITTEE

April 10, 2023 | 2:15 P.M.

5560 Overland Ave, John Gaffaney Room, 3rd Floor

Virtual Participation

Call in: (669) 900-9128

Meeting ID: 953 5104 0565

Passcode: 069340

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Members of the public who wish to speak to an agenda item may call 858-495-5566 before the meeting and provide the last four digits of their phone number and the agenda item they wish to speak to.

AGENDA

***Attachment**

1. **Call to Order:** Wanda Smith, Chair
 - a. Welcome & Guest/Member Introductions
 - b. Confirmation of quorum (quorum = 3)
2. **Statement (just cause) and/or Consideration of a Request to Participate Remotely (emergency circumstances) by a Council Member, if applicable.**
(Possible Action)
3. **Standard Business:**
 - a. Public Comment/Announcements: Members or non-members
 - b. Approval of January 13, 2023 Meeting Minutes (Action) *
4. **Discussion:**
 - a. AIS – Walking Programs Update
5. **Next Meeting:** May 8, 2023 – 2:15 PM
6. **Adjournment**

This meeting is public, and the location is ADA accessible. If you are planning to attend and need special accommodations, please call (858) 495-5885 at least three days in advance of the meeting.

Supporting documentation and attachments for items listed on this agenda may be viewed at Aging & Independence Services, 5560 Overland Avenue, Suite 310, San Diego, CA 92123, or received by calling (858) 495-5885.

Advisory Council for Aging & Independence Services

HEALTHY AGING SUBCOMMITTEE

January 13, 2023 | 9:00 AM

Call in: (669) 900-9128

Meeting ID: 941 8291 9528

Passcode: 196936

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MINUTES

Members		Absent Members	Guests
Attendance:	Wanda Smith Bradlyn Mulvey Susan Mallett Silvia Martinez Pualani Vasquez Eugenia Welch-community member	Dan McNamara	Vianney Camarillo, True Care San Marcos
	Staff		
Item	Outcome		
1. Call to Order	Wanda Smith, Chair, 9:02 AM a. Welcome & Guest/Member Introductions: Vianney Camarillo, True Care- San Marcos, interested in healthy aging topics b. Confirmation of quorum: (4 required for quorum): 5 present		
2. Authorization of Teleconferencing Meeting Option Pursuant. to Government Code 54953(e)	a. Approval of teleconference meeting (Action) (M/S: Mallett/Mulvey) unanimous		
3. Standard Business	a. Public Comments/Announcements: Members or non-members: Wanda reminded everyone that that the AIS Council would begin in-person meetings in March. b. Approval of November 3, 2022, Meeting Minutes (Action) (M/S Mulvey/Mallett) 4 ayes/1 abstain		
4. Discussion Review Heathy Aging Committee Goals	Wanda shared the committee’s goals which were last updated in May 2022. Group discussed and Wanda edited the document with committee member input. Discussion summarized below, H1A- maintain the goal and add an annual review of the Power of Walking recommendations Related to position papers, discussed advantages of getting issues forward more quickly through committee reports to Council H1B-Discussed isolation and loneliness as a consequence of seniors who live alone, Pua added that the hospitals see many fall injuries occurring when people are home alone. Bradlyn and Eugenia shared phone call programs to connect those living alone Wanda suggested a new H1C goal- request an inventory of programs and services that are addressing isolation and loneliness H2- need an update from Council on the Age Well 2.0 theme team goals H3- request an annual update on AIS programs and change Progress Made objective to Annual Update occurred H4-Add, annually identify two risk reduction strategies Technology: T1A- (new) request an inventory of the programs and grants that reduce isolation in older adults T2- Progress Made, review AIS media campaigns related to healthy aging topics		
5. Next Meeting	February 13, 2023, 9:00 AM Virtual		
6. Adjournment	Meeting adjourned 10:00am		

Respectfully submitted by Susan Mallett